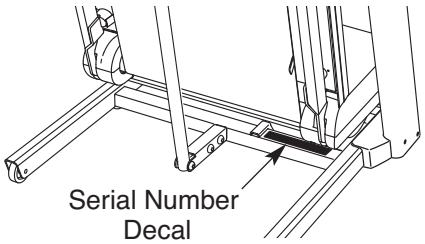
NordicTrack®

With Universal Dock for iPod®

T12si

Model No. NETL14909.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
From Ireland: 053 92 36102

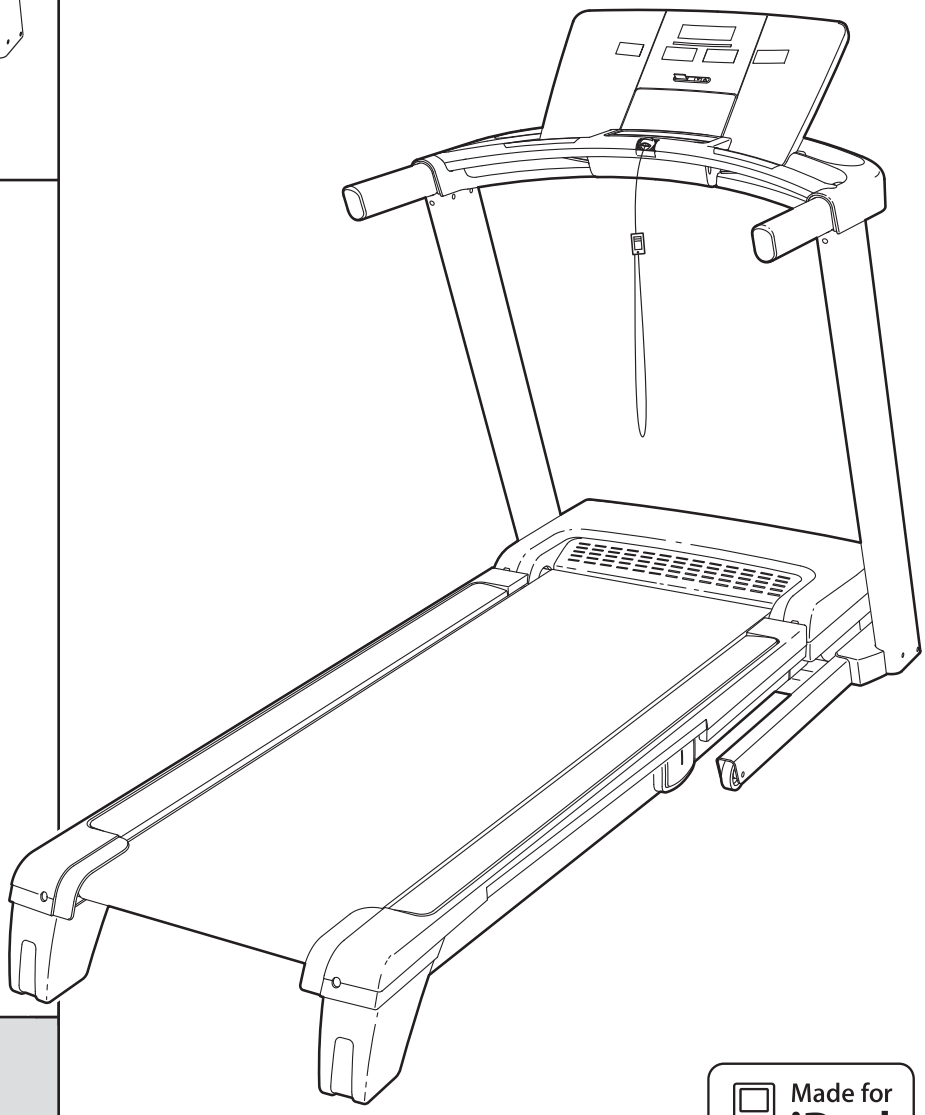
E-mail: www.iconsupport.eu

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC, Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Made for iPod

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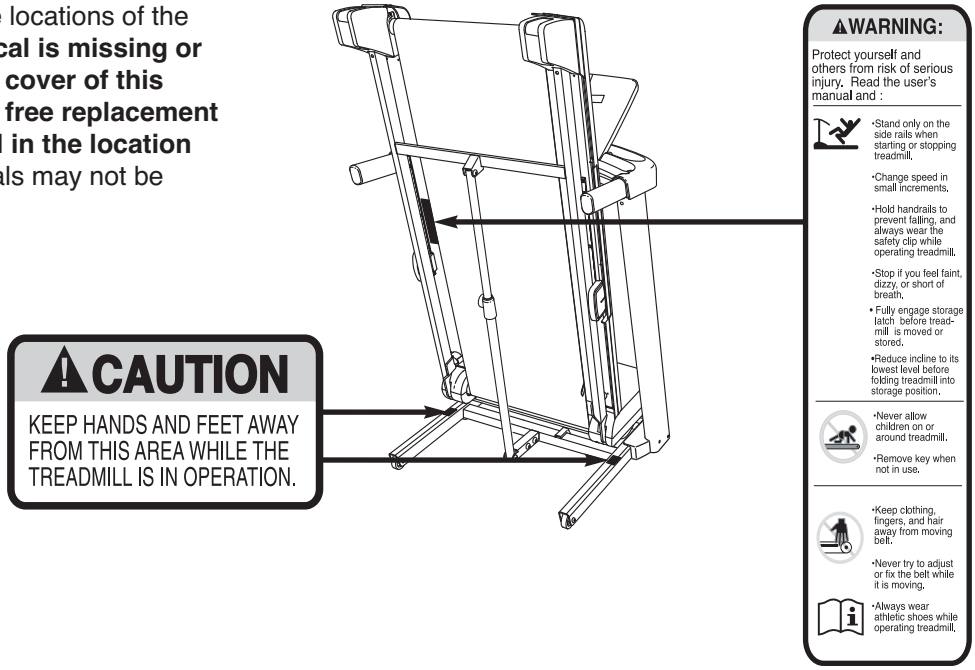
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

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iPod® is a trademark of Apple Computer, Inc., registered in the U.S. and other countries.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**

13. **Keep the power cord away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

22. **Never insert any object into any opening on the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

26. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

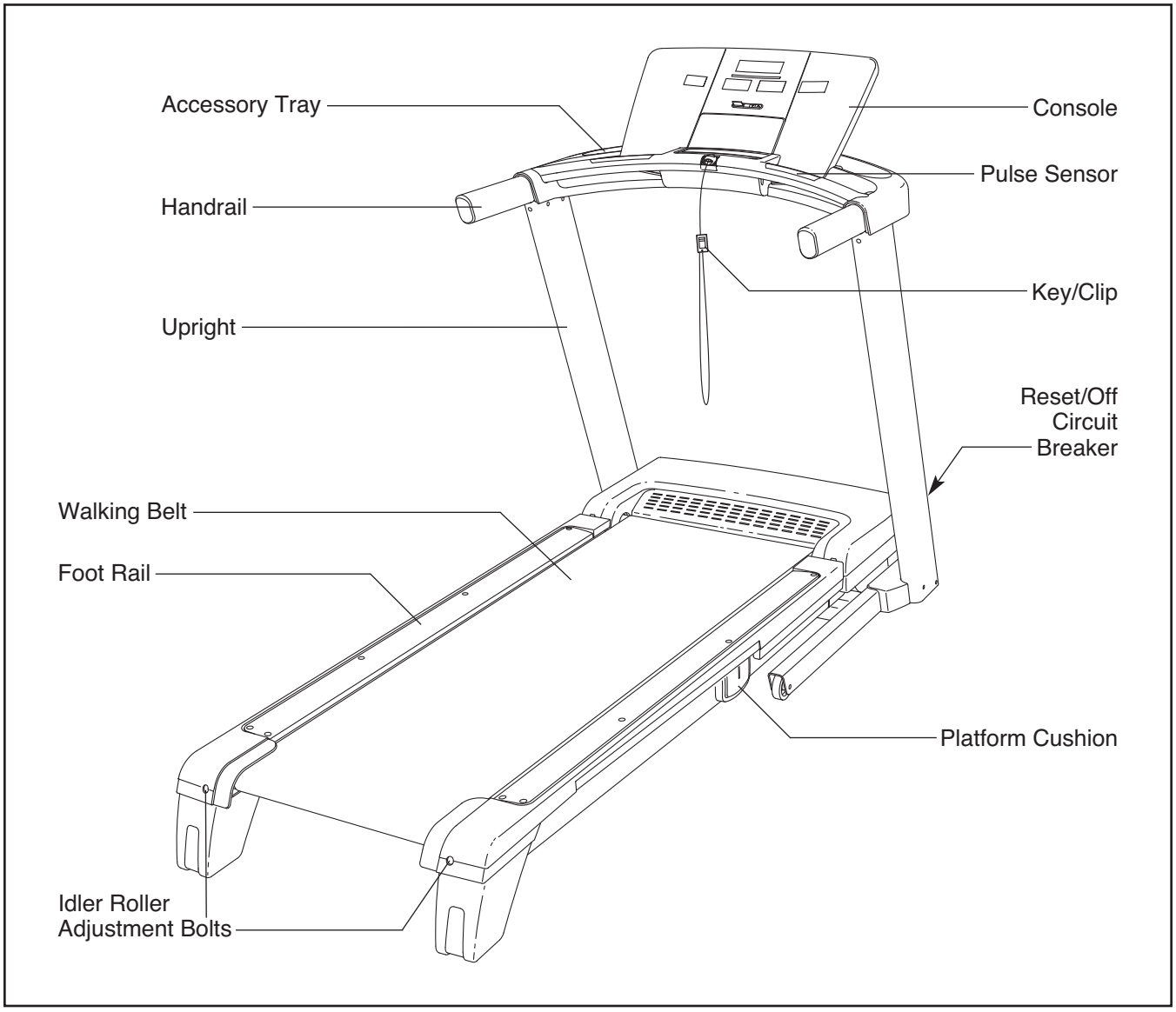
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® T12si treadmill with Universal Dock for iPod®. The T12si treadmill with Universal Dock for iPod offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

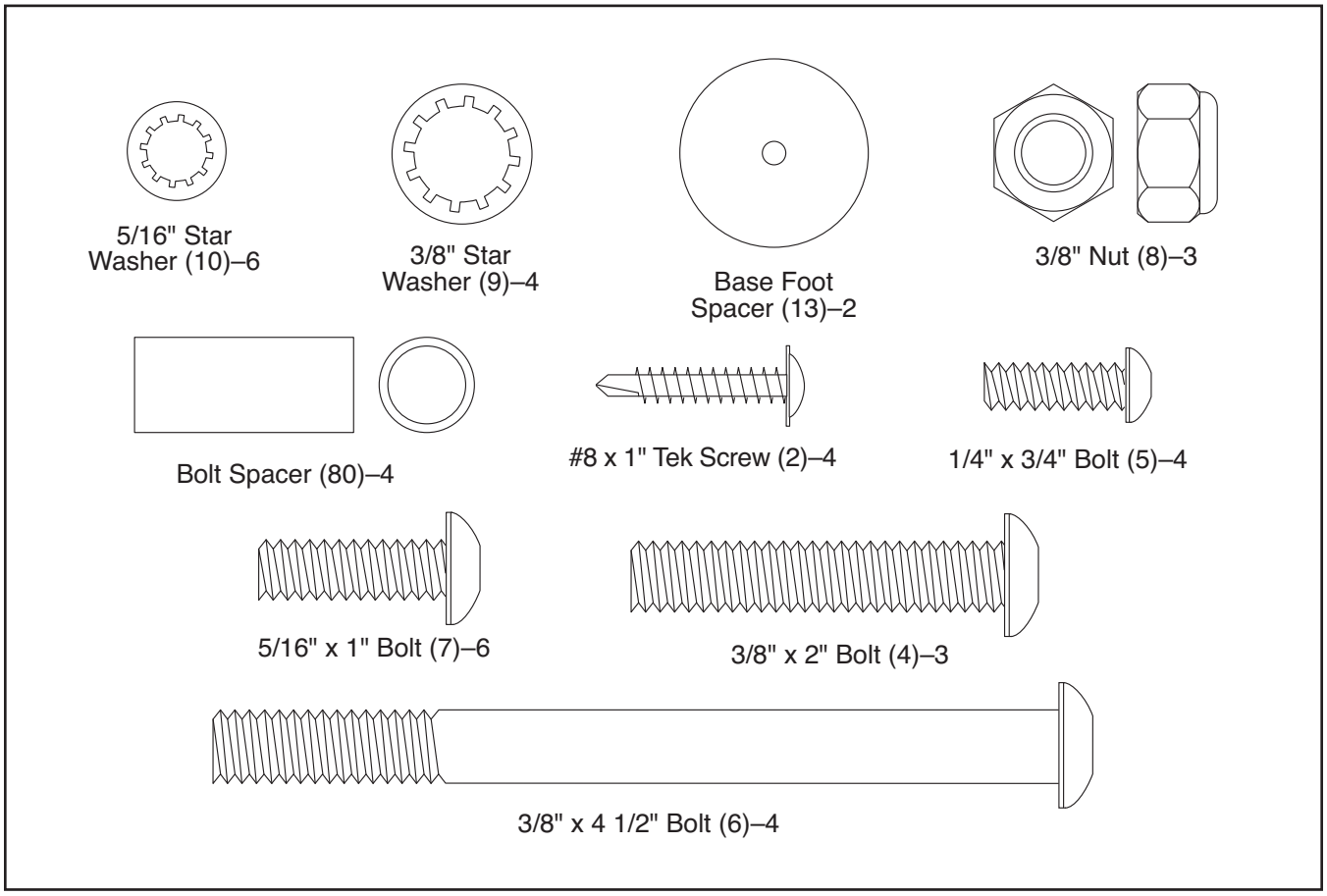


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

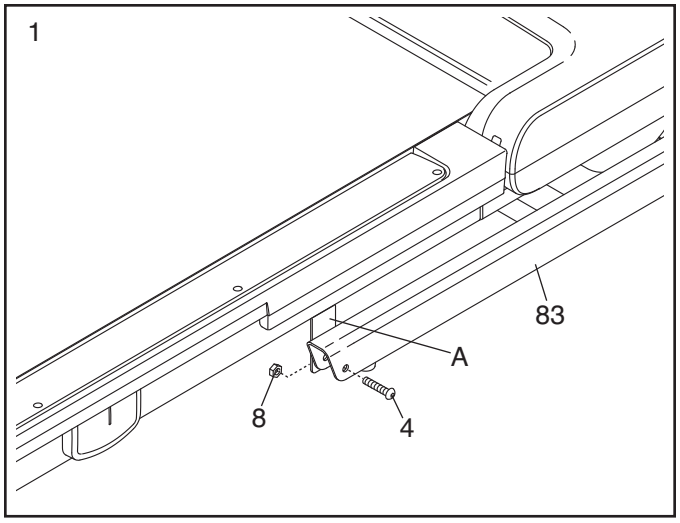
Assembly requires the included hex keys and your own Phillips screwdriver, adjustable wrench, needlenose pliers, and rubber mallet.

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**


5/16" Star Washer (10)–6
3/8" Star Washer (9)–4
Base Foot Spacer (13)–2
3/8" Nut (8)–3
Bolt Spacer (80)–4
#8 x 1" Tek Screw (2)–4
1/4" x 3/4" Bolt (5)–4
5/16" x 1" Bolt (7)–6
3/8" x 2" Bolt (4)–3
3/8" x 4 1/2" Bolt (6)–4

1. **Make sure that the power cord is unplugged.**

   Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (A) from the Base (83). **Repeat this step on the other side of the treadmill.** Discard the shipping brackets. The Bolts and Nuts will be used in steps 3 and 6.

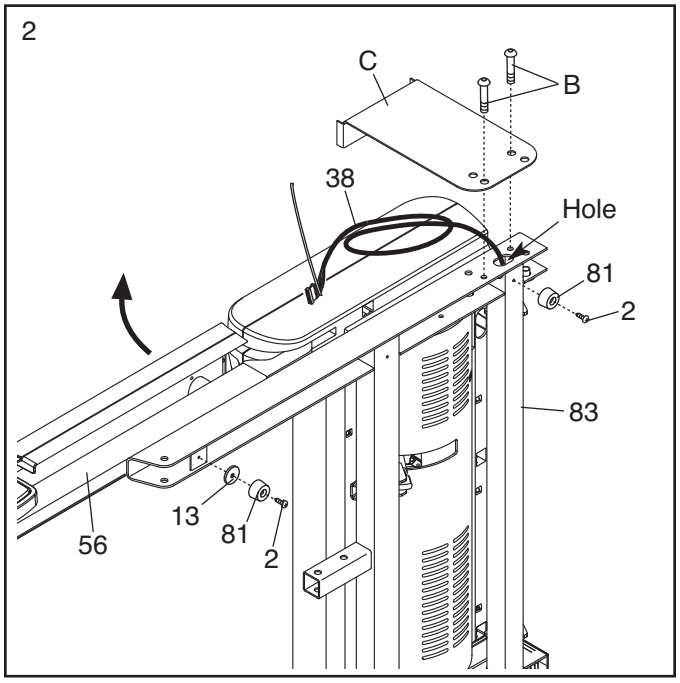


2. With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

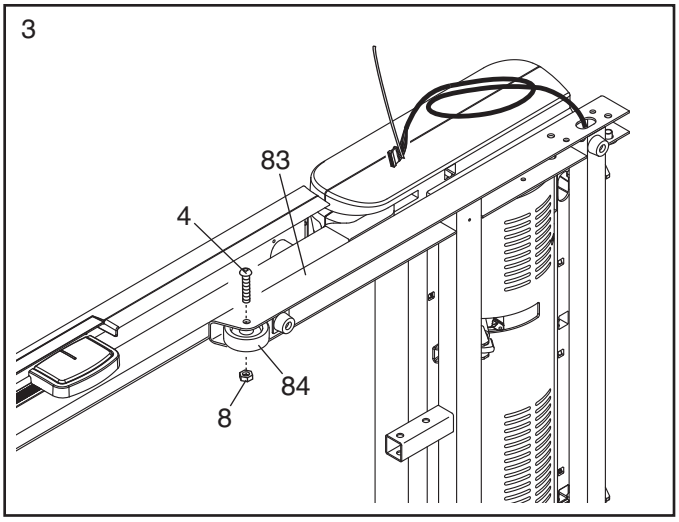
   Remove and discard the two indicated bolts (B) and the shipping bracket (C).

   Cut the shipping tie securing the Upright Wire (38) to the Base (83). Locate a tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

   Attach a Base Foot (81) to the Base (83) in the location shown with a #8 x 1" Tek Screw (2) and a Base Foot Spacer (13). Then, attach another Base Foot (81) with only a #8 x 1" Tek Screw (2).



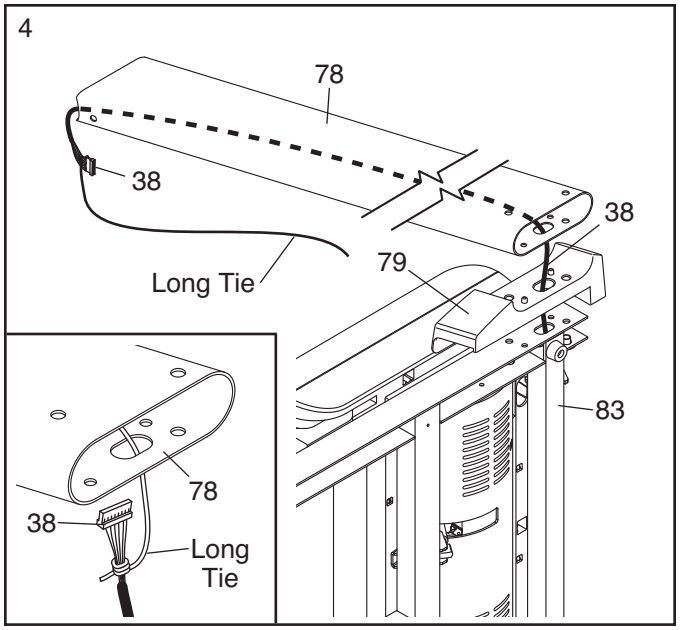
3. Attach a Wheel (84) with the 3/8" x 2" Bolt (4) and the 3/8" Nut (8) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**



4. Identify the Right Upright (78) and the Right Upright Spacer (79), which are marked with "Right" stickers.

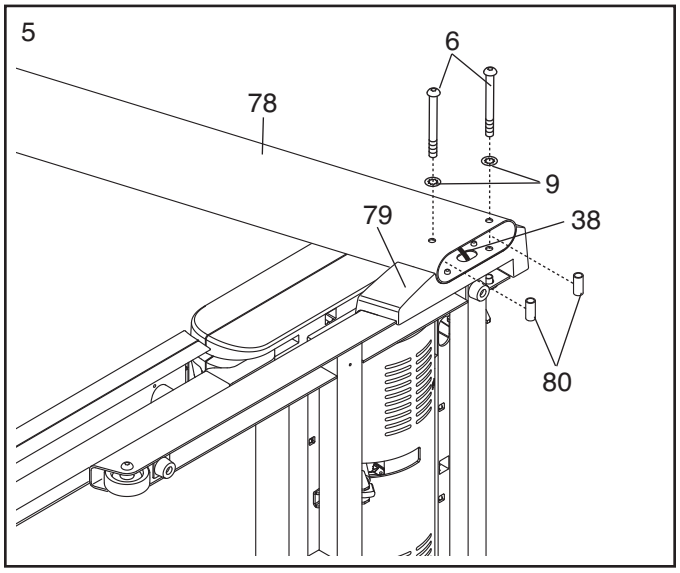
   Insert the Upright Wire (38) through the Right Upright Spacer (79) as shown. Set the Right Upright Spacer on the Base (83). **Be careful not to pinch the Upright Wire.**

   Have a second person hold the Right Upright (78) near the Base (83). **See the inset drawing.** Tie the long tie in the Right Upright securely around the end of the Upright Wire (38). Then, pull the other end of the long tie until the Upright Wire is routed completely through the Right Upright.



5. Hold a Bolt Spacer (80) inside the lower end of the Right Upright (78). Insert a 3/8" x 4 1/2" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/2" Bolt (6), and 3/8" Star Washer (9).** Then, set the Right Upright in the Right Upright Spacer (79). **Be careful not to pinch the Upright Wire (38).**

   Partially tighten the 3/8" x 4 1/2" Bolts (6); **do not fully tighten the Bolts yet.**

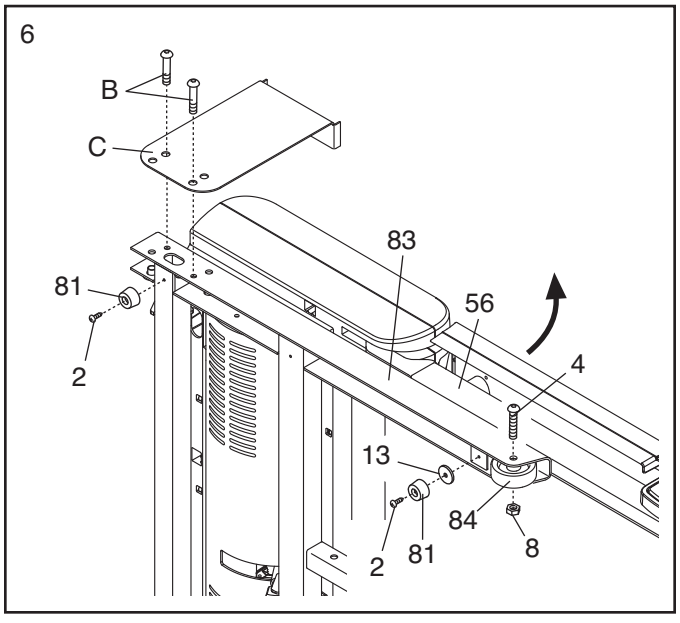


6. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so the treadmill is more stable; **do not fully fold the Frame yet.**

   Remove and discard the two indicated bolts (B) and the shipping bracket (C).

   Attach a Base Foot (81) to the Base (83) in the location shown with a #8 x 1" Tek Screw (2) and a Base Foot Spacer (13). Then, attach another Base Foot (81) with only a #8 x 1" Tek Screw (2).

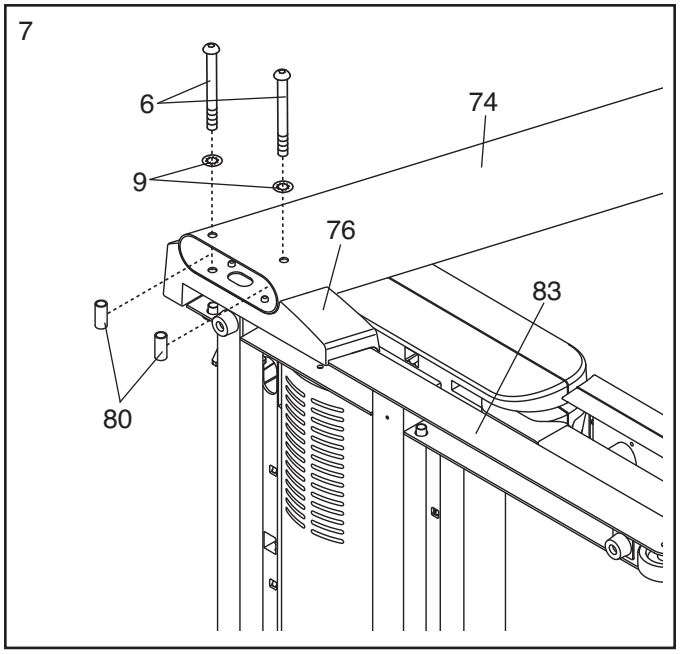
   Attach a Wheel (84) with the 3/8" x 2" Bolt (4) and the 3/8" Nut (8) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**



7. Set the Left Upright Spacer (76) on the Base (83). Hold a Bolt Spacer (80) inside the lower end of the Left Upright (74). Insert a 3/8" x 4 1/2" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/2" Bolt (6), and 3/8" Star Washer (9).** Then, set the Left Upright in the Left Upright Spacer.

   Partially tighten the 3/8" x 4 1/2" Bolts (6); **do not fully tighten the Bolts yet.**

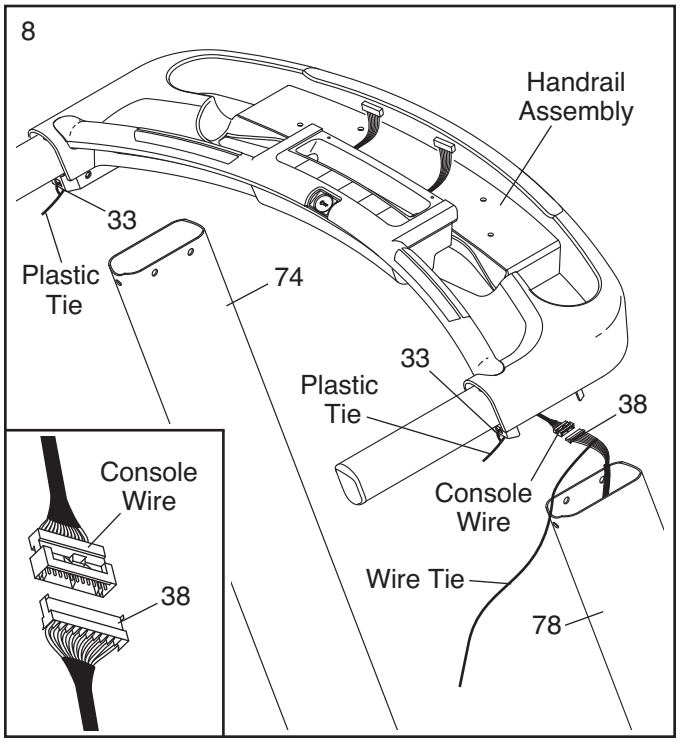
   With the help of a second person, tip the treadmill so that the Base (83) is flat on the floor.



8. Remove the plastic ties from the handrail assembly. If necessary, press the 5/16" Cage Nuts (33) into place.

   Have a second person hold the handrail assembly near the Uprights (74, 78). Connect the Upright Wire (38) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

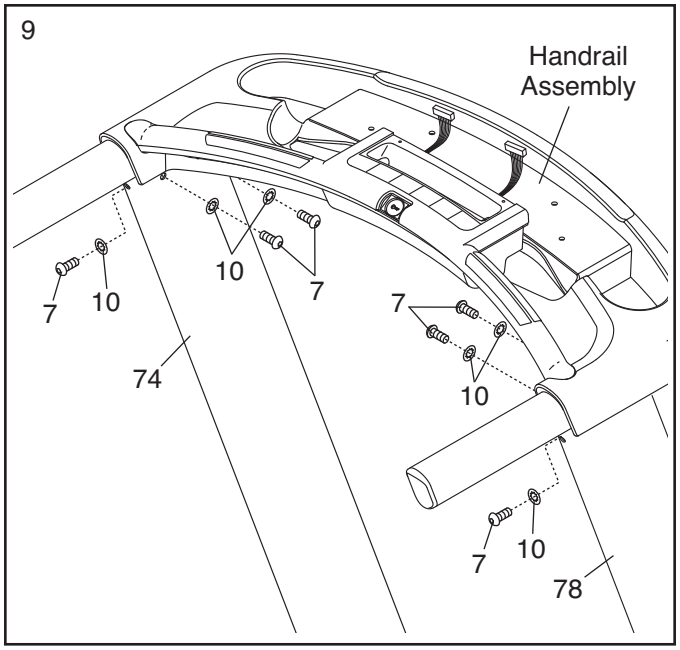
   Remove the wire tie from the Upright Wire (38).



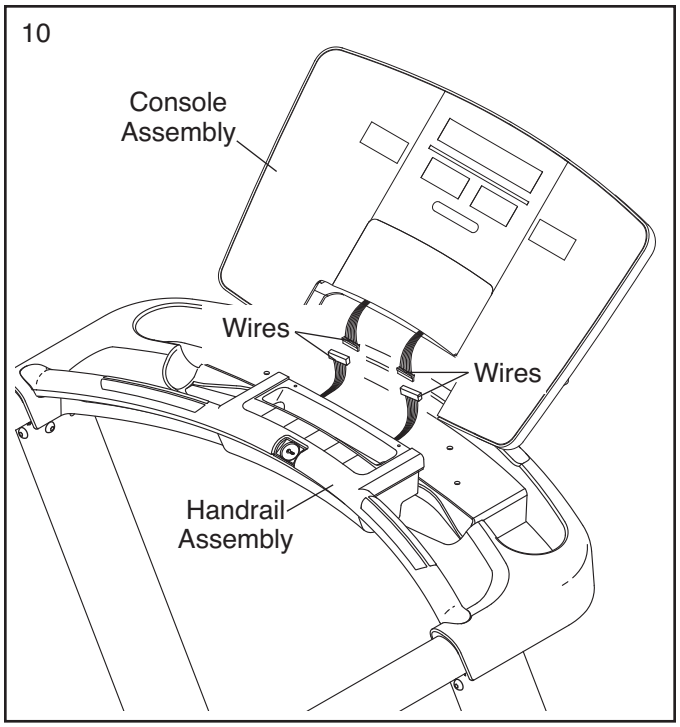
9. Set the handrail assembly on the Uprights (74, 78). **Be careful not to pinch the wires.**

   Attach the handrail assembly to the Uprights (74, 78) with six 5/16" x 1" Bolts (7) and six 5/16" Star Washers (10) as shown.

   See assembly steps 5 and 7. Firmly tighten the 3/8" x 4 1/2" Bolts (6).

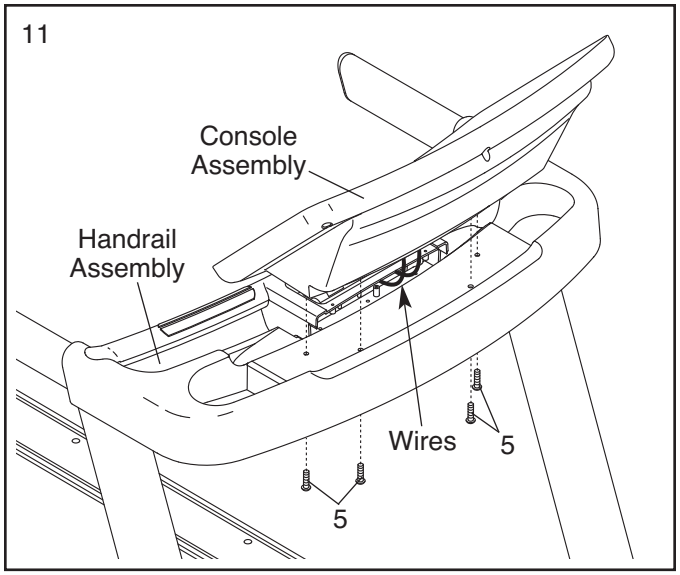


10. Have a second person hold the console assembly near the handrail assembly. Connect the two wires from the console assembly to the two wires from the handrail assembly. **See the inset drawing in step 8. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



11. Insert the wires from the console assembly into the handrail assembly.

    Attach the console assembly to the handrail assembly with four 1/4" x 3/4" Bolts (5). **Be careful not to pinch the wires.**



12. Plug in the power cord (see page 13) and insert the key into the console. Press the Incline decrease button on the console until the incline reaches the minimum incline level. **Remove the key and unplug the power cord.**

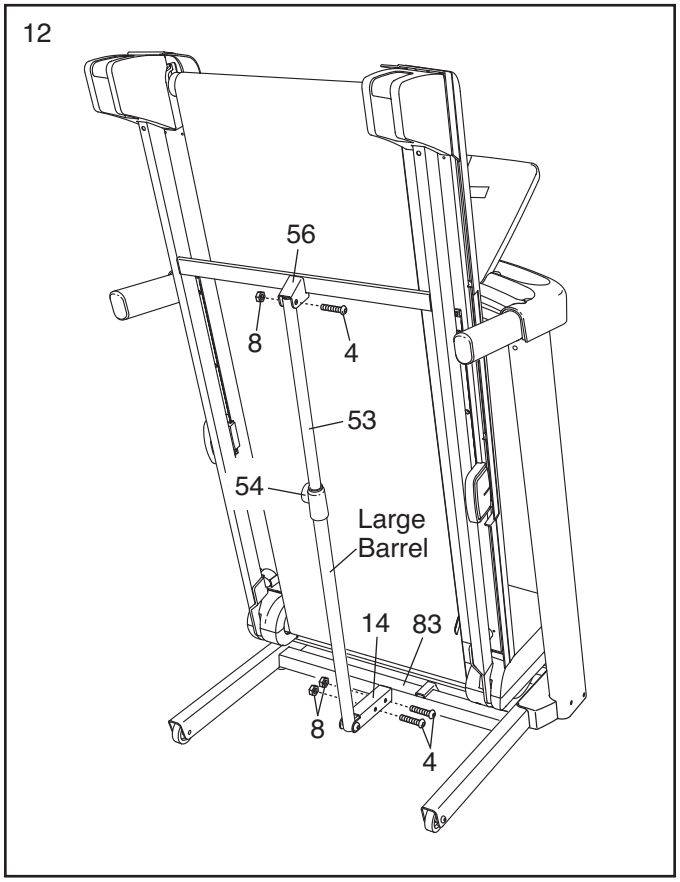
    Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

    Orient the Storage Latch (53) so that the large barrel and the Latch Knob (54) are in the positions shown.

    Attach the Latch Bracket (14) and Storage Latch (53) to the Base (83) with two 3/8" x 2" Bolts (4) and two 3/8" Nuts (8).

    Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

    Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 25).

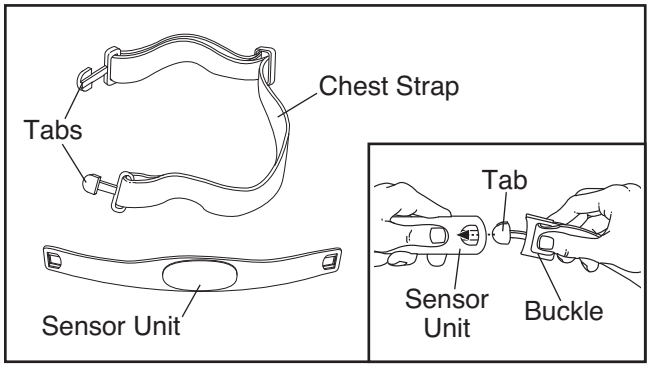


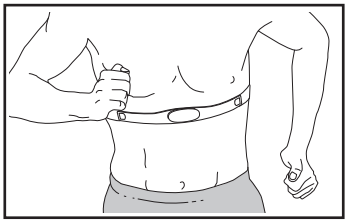
13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 27 and 28).

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 120° F (50° C) or below 15° F (-10° C).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

OPERATION AND ADJUSTMENT

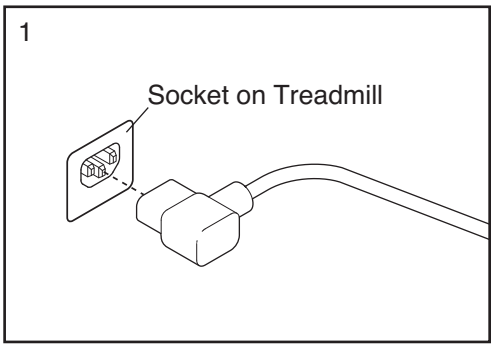
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

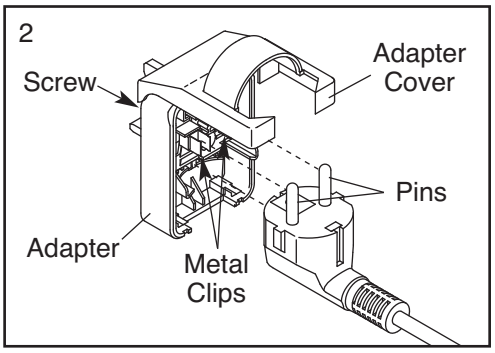
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

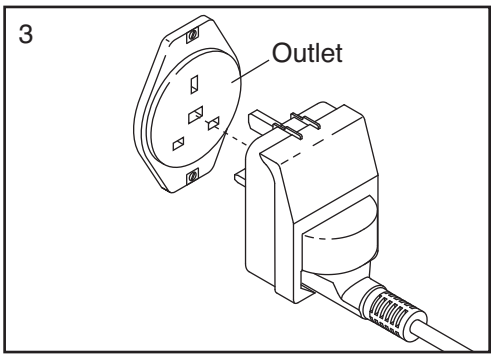
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

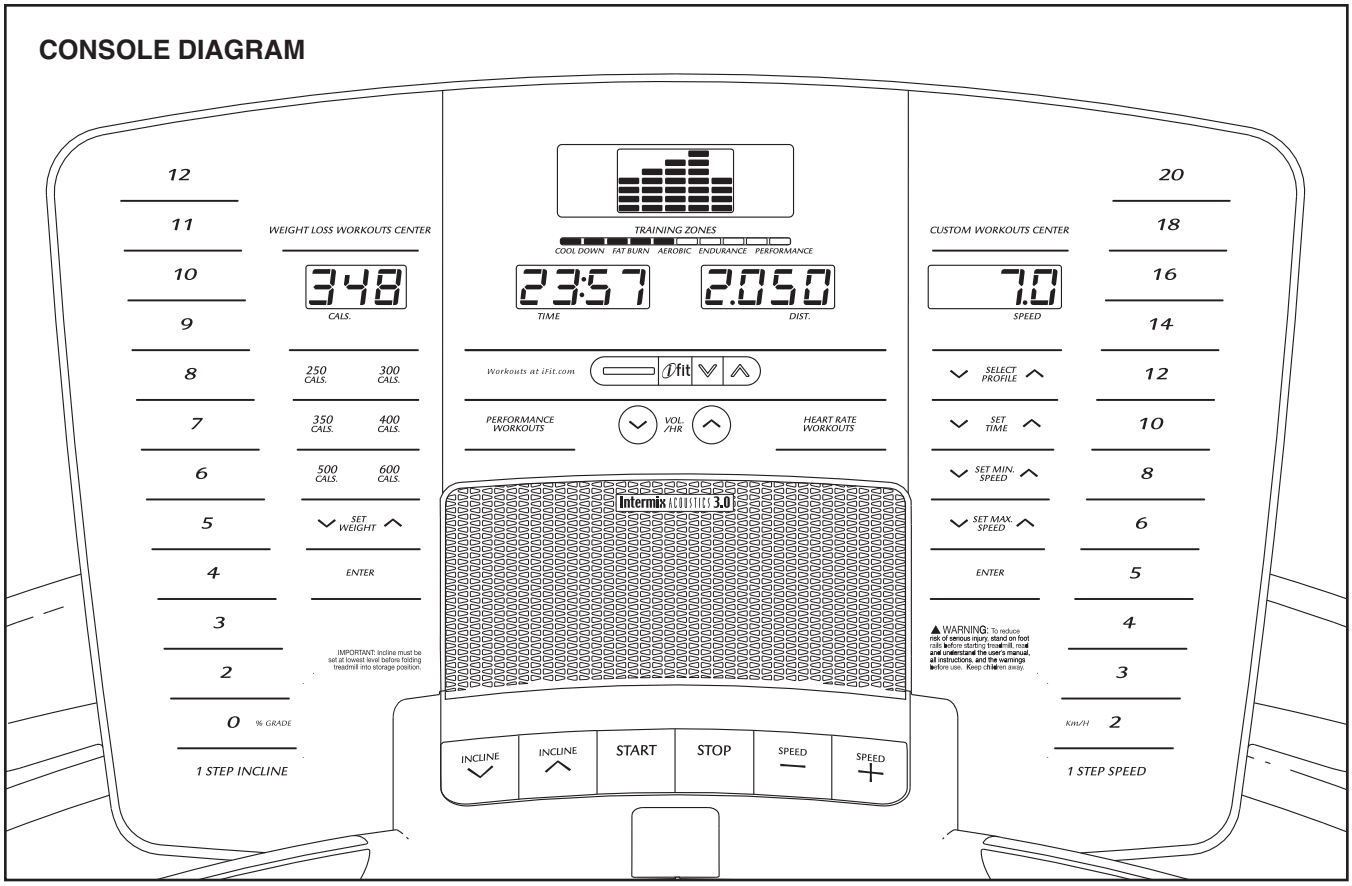


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor (see page 12 for information on the chest pulse sensor).

In addition, the console features twelve preset workouts—six performance workouts, and six weight loss workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. The console also offers two heart rate workouts that control the speed and incline of the treadmill to help you keep your heart rate near target heart rate settings. You can even create your own custom workouts.

The console also features the new iFit interactive workout system. The iFit system enables the console to accept iFit interactive workout cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout, or train for a long-distance run with the Marathon workout. iFit workouts automatically control the treadmill while the voice of a personal trainer coaches you through every step of your workout. iFit cards are available separately. **To purchase iFit cards at any time, call the telephone number on the front cover of this manual or go to www.iFit.com. iFit cards are also available at select stores.**

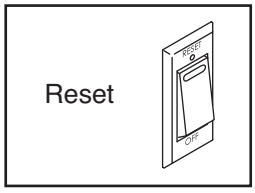
You can even listen to your favorite workout music or audio books with the console's sound system while you exercise. This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards.

To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a performance workout,** see page 17. **To use a heart rate workout,** see page 18. **To use the weight loss workouts center,** see page 19. **To use the custom workouts center,** see page 20. **To use an iFit card,** see page 21. **To use the information mode,** see page 22. **To use the sound system,** see page 23.

HOW TO TURN ON THE POWER

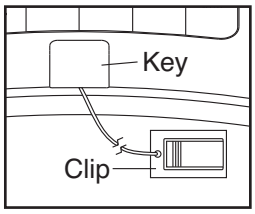
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 22 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



Note: The console can display speed and distance in either kilometers or miles. To find which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 22. **For simplicity, all instructions in this manual refer to kilometers.**

IMPORTANT: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press the Performance Workouts button repeatedly until only zeros appear in the displays.

3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

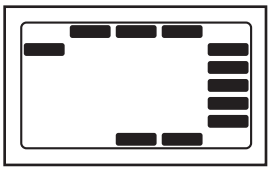
   If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons near the Start button. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H. If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered 1 Step Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

5. **Monitor your progress with the displays.**

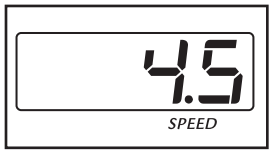


The matrix—When you select the manual mode, the matrix will display a 400 meter (1/4-mile) track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

The Time display—The Time display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

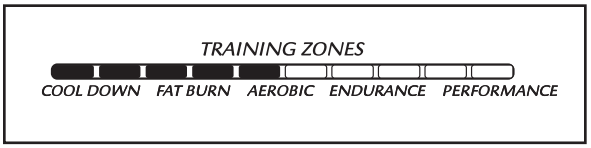
The Distance display—The Distance display can show the distance that you have walked or run.

The Weight Loss Workouts Center display—The Weight Loss Workouts Center display can show the approximate number of calories you have burned, the incline of the treadmill, your heart rate, and your weight.



The Custom Workouts Center display—The Custom Workouts Center display will show the speed of the walking belt. When you use the Custom Workouts Center, the display will also show the number, duration, minimum speed setting, and maximum speed setting of the workout.

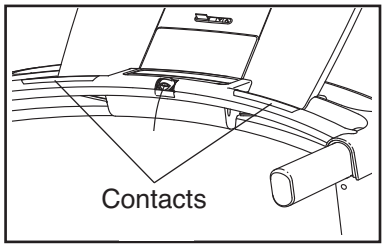
As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. **Measure your heart rate if desired.**

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. See page 12 for information on the chest pulse sensor.



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands.** Hold the contacts for approximately ten seconds. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

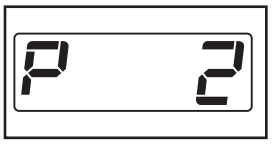
HOW TO USE A PERFORMANCE WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a performance workout.**

   To select a performance workout, press the Performance Workouts button repeatedly until the number of the desired workout appears in the display.



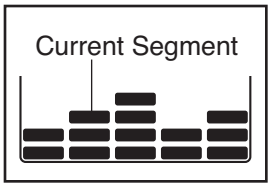
   When you select a performance workout, the display will show the name, duration, maximum speed setting, and maximum incline setting of the workout. In addition, a profile of the speed settings of the workout will scroll across the matrix.

   Each performance workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

3. **Start the workout.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a new speed and/or incline setting, is programmed for the next segment, the new speed and/or incline settings will flash in the displays for a few seconds and the treadmill will automatically adjust to the new speed and incline settings.



   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Monitor your progress with the displays.**

   See step 5 on page 16.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE A HEART RATE WORKOUT

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate workouts. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

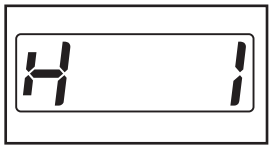
1. **Put on the chest pulse sensor.**

   For best results, wear a chest pulse sensor to use a heart rate workout. See page 12 for information about the chest pulse sensor.

2. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

3. **Select a heart rate workout.**

   To select one of the two heart rate workouts, press the Heart Rate Workouts button repeatedly. When a heart rate workout is selected, the workout duration, workout name, and maximum target heart rate will appear in the displays. In addition, a profile of the heart rate settings of the workout will scroll across the matrix.

4. **Enter a target heart rate setting.**

   The maximum target heart rate setting of the workout will appear in the Weight Loss Workouts Center display. If desired, press the Vol./HR increase and decrease buttons to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 29).** Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.

5. **Start the workout.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Heart rate workouts are divided into one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

   During each segment of the workout, the console will compare your heart rate to the target heart rate setting for that segment. If your heart rate is too far below or above the target heart rate setting, the speed and/or incline will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

   If your pulse is not detected during the workout, the speed and incline of the treadmill will not automatically adjust. If this occurs, see page 12.

   When the first segment of the workout ends, a series of tones will sound and all target heart rate settings will move one column to the left. If a new speed or incline setting is programmed for the next segment, the new speed or incline setting will appear in the display. The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

   If the speed and/or incline settings are too high or too low, you can change the intensity level of the workout at any time by pressing the Speed and Incline buttons; **however, when the console compares your heart rate to the target heart rate for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph; **however, when the console compares your heart rate to the target heart rate setting for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

6. **Follow your progress with the displays.**

   See step 5 on page 16.

7. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE THE WEIGHT LOSS WORKOUTS CENTER

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a weight loss workout.**

   To select a weight loss workout, press the 250 Cals., 300 Cals., 350 Cals., 400 Cals., 500 Cals. or 600 Cals. button. When you select a weight loss workout, the display will show the approximate number of calories you will burn, and the duration and maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will scroll across the matrix.

   Next, the current weight setting will appear in the display. If you have not entered your weight, press the Set Weight increase and decrease buttons repeatedly to enter your weight. Press the Enter button below the Set Weight buttons. Note: Your weight may be displayed in kilograms or pounds. To find which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 22.

   Each weight loss workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

3. **Start the workout.**

   The weight loss workout will function in the same way as a performance workout (see step 3 on page 17).

4. **Monitor your progress with the displays.**

   See step 5 on page 16. The Weight Loss Workouts Center display will show the number of calories remaining in the workout.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE THE CUSTOM WORKOUTS CENTER

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select the Custom Workouts Center.**

   To use a Custom Workouts Center, press the Select Profile increase button.

   Select the desired workout profile by pressing the Select Profile increase and decrease buttons repeatedly. Then press the Enter button below the Set Max. Speed buttons. Note: If you do not press the Enter button, the display will advance to the next selection in a few seconds.

   Next, select your desired workout duration by pressing the Set Time increase and decrease buttons repeatedly. Then press the Enter button.

   Select your minimum workout speed by pressing the Set Min. Speed increase and decrease buttons repeatedly. Then press the Enter button.

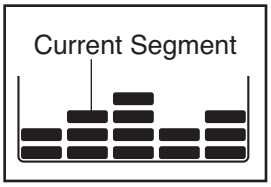
   Next, select your maximum workout speed by pressing the Set Max. Speed increase and decrease buttons repeatedly. Then press the Enter button.

   Each custom workout is divided into segments. One speed setting and one incline setting are programmed for each segment.

3. **Start the workout.**

   Press the Start button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. The new speed and incline settings will appear in the display for a few seconds and the treadmill will automatically adjust to the new speed and incline settings.



   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Monitor your progress with the displays.**

   See step 5 on page 16.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE AN IFIT CARD

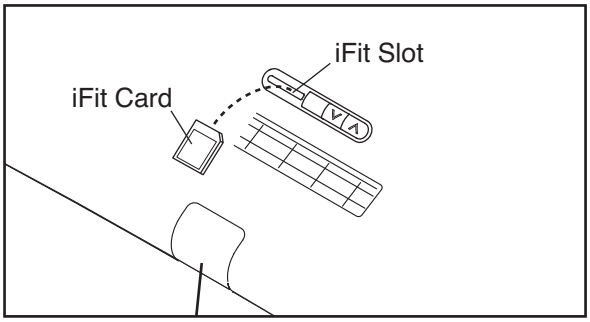
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that the metal contacts are face-down and are inserted into the iFit slot.
   Next, select an iFit workout by pressing the iFit increase or decrease button. When an iFit workout is selected, the display will show the name, duration, and maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear in the display.

   Each iFit workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

3. **Start the workout.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   A personal trainer will guide you through the workout.

   If the speed or incline setting for the current segment is too high or too low, you can override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Monitor your progress with the displays.**

   See step 5 on page 16.

5. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

   CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total distance that the walking belt has moved. The information mode also allows you to select a measurement system of miles or kilometers, and to turn on and turn off the display demo mode.

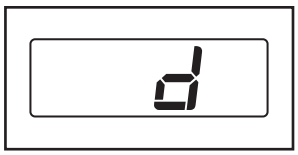
To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

The display will show the total number of hours the treadmill has been used.

The display will also show the total number of kilometers (or miles) that the walking belt has moved.

An “M” for metric kilometers or an “E” for English miles will appear in the display. Press the Speed increase button to change the unit of measurement if desired.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.



To exit the information mode, remove the key from the console.

HOW TO USE THE SOUND SYSTEM

This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards. To play music or audio books through the console's sound system, you must connect your iPod, CD player, or other personal audio player to the console through the audio jack or through the Integrated Universal Dock for iPod. The Integrated Universal Dock for iPod will charge your iPod while you use it.

To use the audio wire, locate the audio wire and plug it into the audio jack near the speaker. Then, plug the audio wire into a jack on your iPod, CD player, or other personal audio player. **Make sure that the audio wire is fully inserted.**

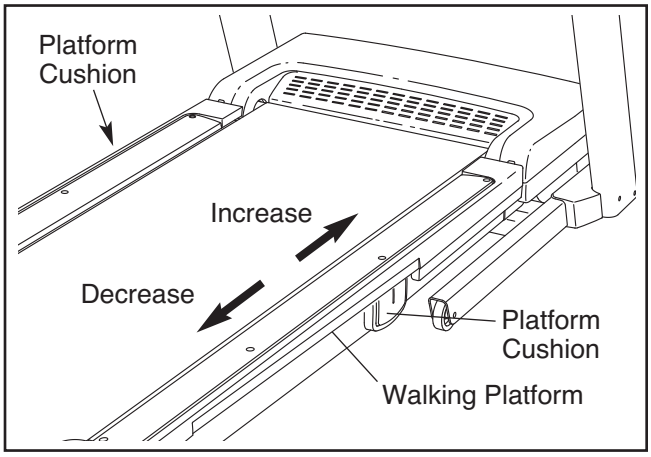
To use the Integrated Universal Dock for iPod, you need an iFit Universal iPod Connector (not included). **To purchase an iFit Universal iPod Connector, please call the telephone number on the front cover of this manual.** Plug one end into the Integrated Universal Dock for iPod near the speaker and the other end into your iPod. **Make sure that the iFit Universal iPod Connector is fully plugged in.**

Next, press the Play button on your iPod, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the VOL./HR increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO ADJUST THE CUSHIONING SYSTEM

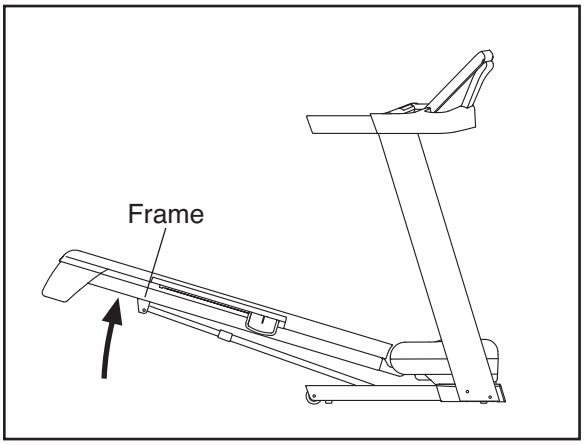
Remove the key from the console and unplug the power cord. The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

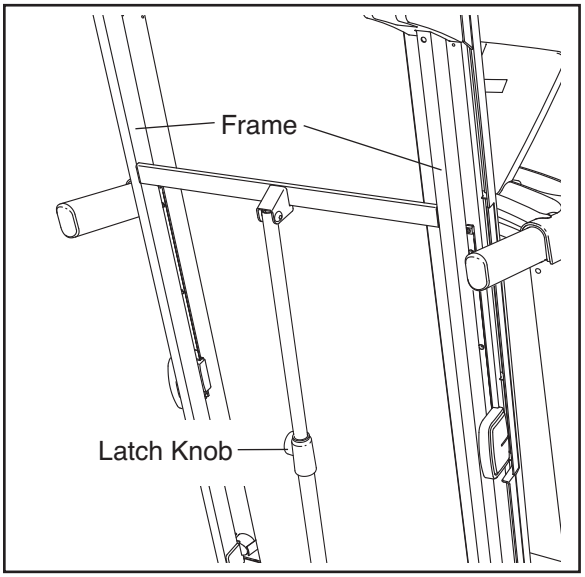
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

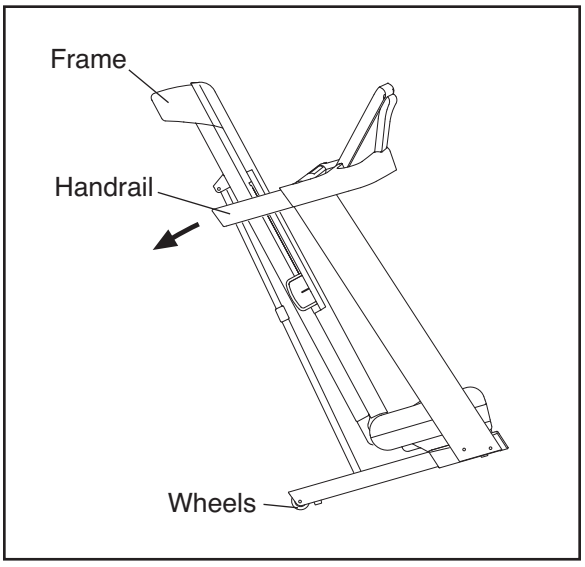
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**



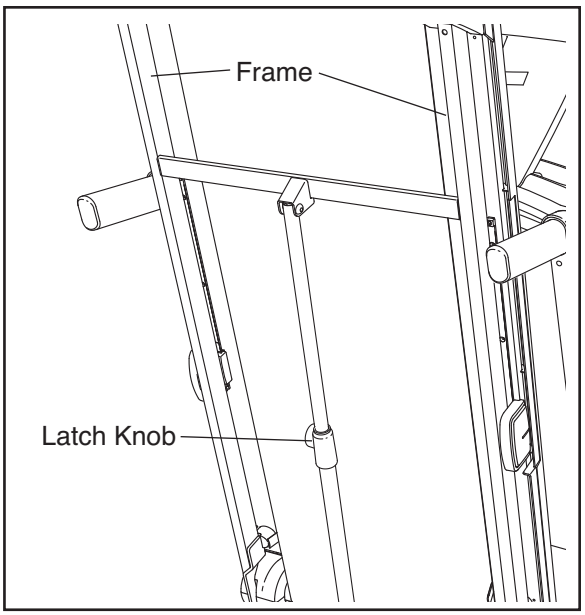
1. Hold a handrail and the frame and place one foot against one of the wheels.

2. Tip the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface. Do not pull back on the frame.**

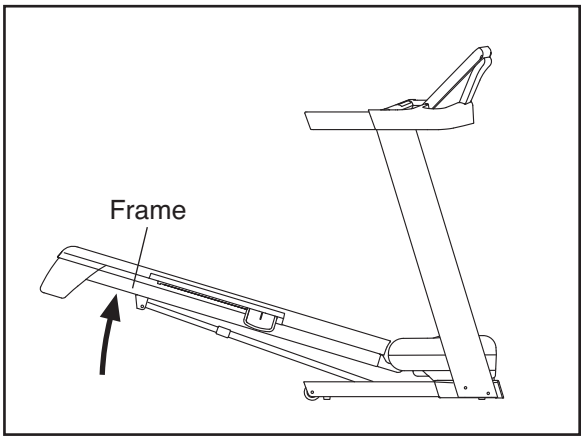
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



TROUBLESHOOTING

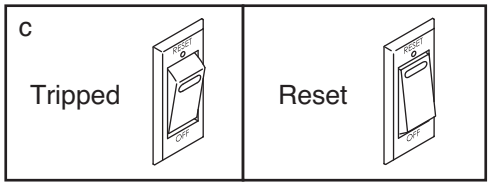
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 13.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

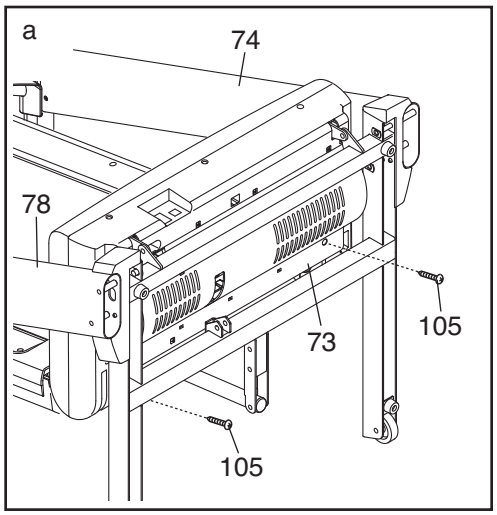
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

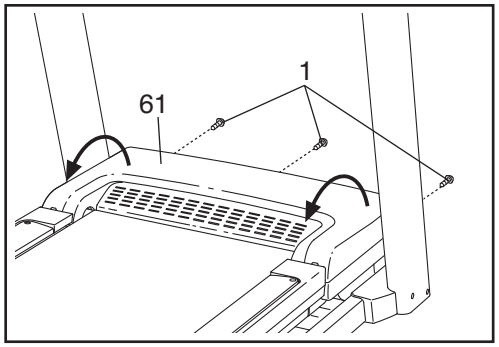
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 22 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

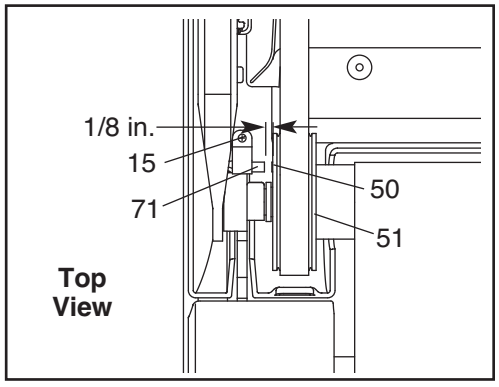
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip down the Uprights (74, 78). There may be two Hood Screws (105) in the bottom of the Belly Pan (73). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Raise the Uprights to a vertical position.



Remove the three #8 x 3/4" Screws (1) and carefully pivot the Motor Hood (61) off.



Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 3/4" Reed Switch Screw (15), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown) with the #8 x 3/4" Screws (not shown). If necessary, reattach the Hood Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.



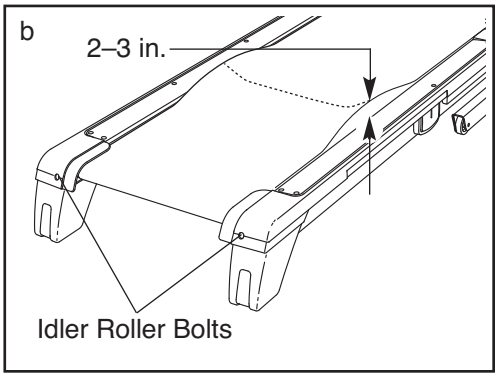
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

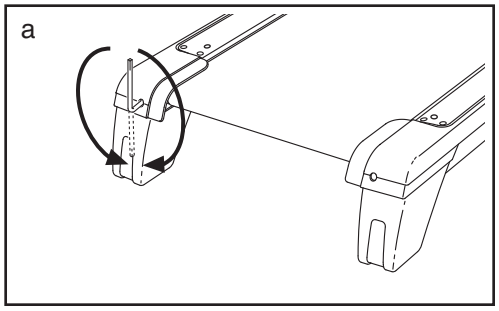
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



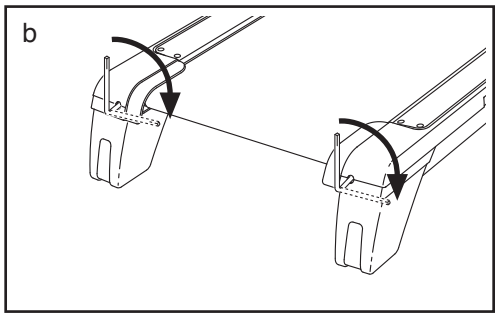
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

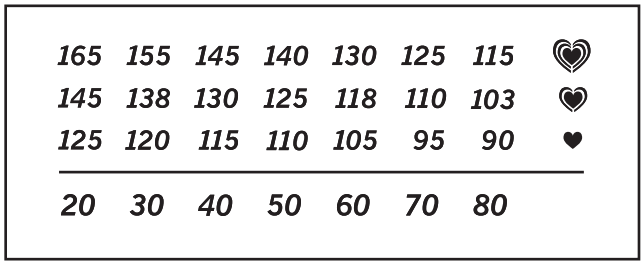
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NETL14909.1

R1109A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

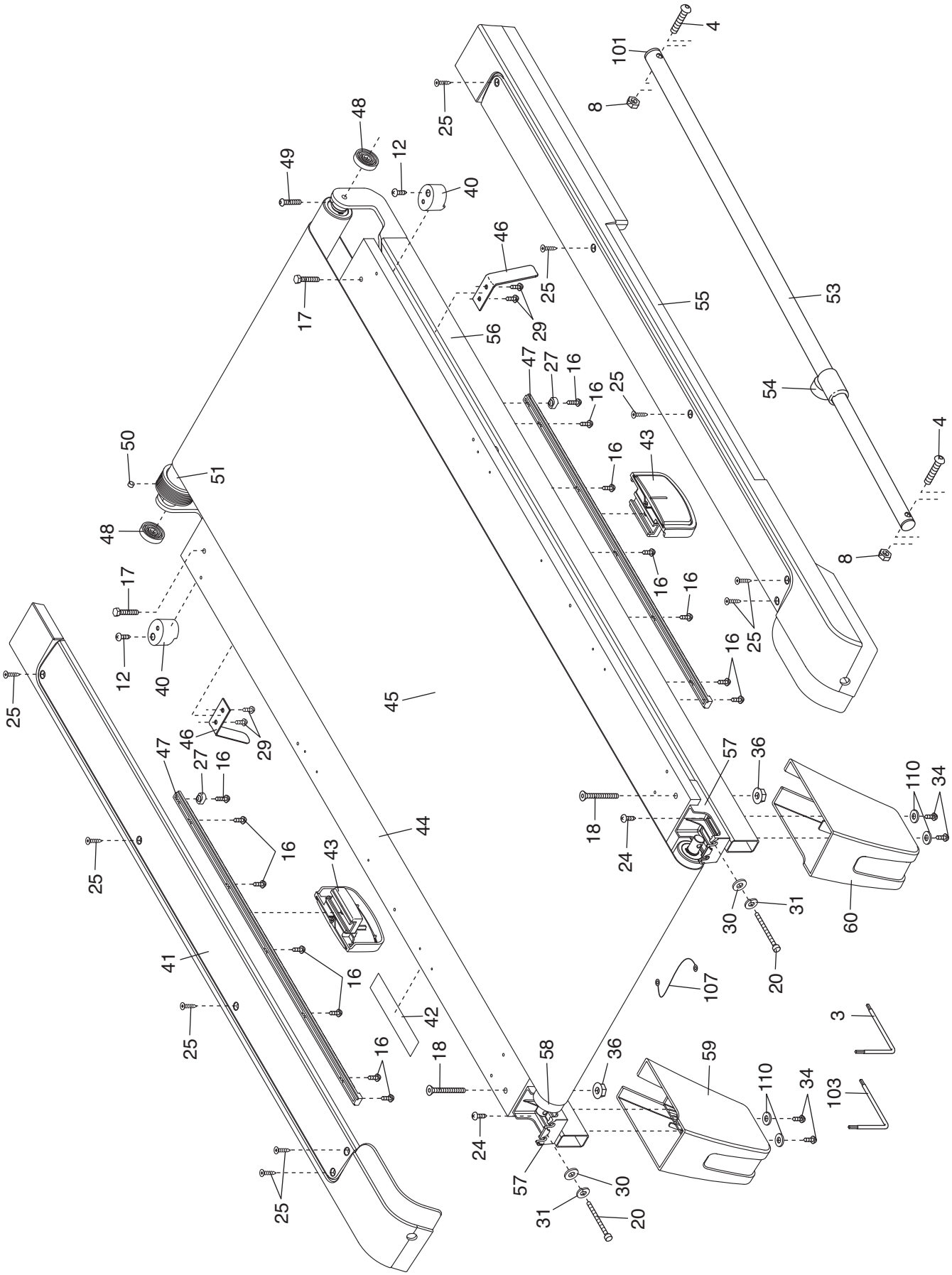
Key No.	Qty.	Description
1	10	#8 x 3/4" Screw
2	4	#8 x 1" Tek Screw
3	1	Hex Key
4	6	3/8" x 2" Bolt
5	4	1/4" x 3/4" Bolt
6	4	3/8" x 4 1/2" Bolt
7	6	5/16" x 1" Bolt
8	8	3/8" Nut
9	4	3/8" Star Washer
10	6	5/16" Star Washer
11	5	#8 x 3/4" Tek Screw
12	22	#8 x 1/2" Screw
13	2	Base Foot Spacer
14	1	Latch Bracket
15	1	3/4" Reed Switch Screw
16	14	#8 x 3/4" Flat Head Screw
17	2	1/4" x 1" Bolt
18	2	5/16" x 4 1/4" Patch Bolt
19	2	3/8" x 1" Patch Bolt
20	2	Idler Roller Bolt
21	1	3/8" x 1 3/4" Bolt
22	1	3/8" x 1 1/2" Bolt
23	2	3/8" x 1" Bolt
24	13	1/2" Ground Screw
25	10	#12 x 1 1/4" Screw
26	2	Motor Bolt
27	2	Cushion Stop
28	1	Reset/Off Circuit Breaker
29	4	#8 x .44 Screw
30	8	1/4" Flat Washer
31	2	1/4" Split Washer
32	1	Filter
33	2	5/16" Cage Nut
34	4	#8 x 1 3/4" Screw
35	1	Audio Wire
36	2	5/16" Flange Nut
37	3	Hood Clip
38	1	Upright Wire
39	1	Lift Frame Ground Wire
40	2	Isolator
41	1	Left Foot Rail
42	1	Warning Decal
43	2	Platform Cushion
44	1	Walking Platform
45	1	Walking Belt
46	2	Belt Guide
47	2	Cushion Track
48	2	Frame Spacer
49	1	1/4" x 1" Bolt
50	1	Magnet
51	1	Drive Roller/Pulley
52	1	15 1/2" Wire Tie
53	1	Storage Latch
54	1	Latch Knob
55	1	Right Foot Rail
56	1	Frame
57	2	Idler Roller Bracket
58	1	Idler Roller
59	1	Left Rear Foot
60	1	Right Rear Foot
61	1	Motor Hood
62	1	Drive Belt
63	1	Motor Spacer
64	1	Drive Motor
65	1	Lift Frame
66	2	Wire Tie
67	1	Controller Ground Wire
68	1	Power Cord
69	1	Power Cord Adapter
70	1	Controller
71	1	Reed Switch
72	1	Reed Switch Clamp
73	1	Belly Pan
74	1	Left Upright
75	1	Incline Motor
76	1	Left Upright Spacer
77	1	Ferrite Clamp
78	1	Right Upright
79	1	Right Upright Spacer
80	4	Bolt Spacer
81	4	Base Foot
82	2	Caution Decal
83	1	Base
84	2	Wheel
85	2	Releasable Tie
86	9	8" Tie
87	1	Access Door
88	4	U-nut
89	1	Console
90	1	Hood Accent
91	1	Console Base
92	2	Plastic Tie
93	1	Incline Wire
94	1	Pulse Bar Top
95	1	Pulse Bar Bottom
96	4	#8 Star Washer
97	0	Not Used
98	2	Rear Handrail Cap
99	2	Front Handrail Cap
100	1	Key/Clip

Key No.	Qty.	Description
101	1	Latch Cap
102	1	Console Back
103	1	5/32" Hex Key
104	1	Lift Motor Spacer
105	2	Hood Screw
106	1	Right Handrail Trim
107	1	Frame/Roller Ground Wire
108	1	Electronics Bracket
109	8	#8 x 5/8" Screw
110	4	Foot Washer
111	2	3/8" Incline Motor Nut
112	1	#8 Nut
113	1	Left Handrail Trim
114	1	#8 x 1/2" Console Ground Screw
115	2	Motor Isolator
116	1	Chest Pulse Strap
117	1	Chest Pulse Sensor
118	1	#8 x 3/4" Ground Bolt
119	1	Chest Pulse Receiver
120	1	Receptacle
121	1	Handrail
122	1	Tray
123	1	Pulse Bar Ground Wire
*	–	10" Blue Wire, M/F
*	–	8" Blue Wire, 2F
*	–	4" Black Wire, 2F
*	–	4" Black Wire, M/F
*	–	4" Red Wire, M/F
*	–	8" White Wire, M/F
*	–	4" Green/Yellow Wire, F/R w/Decal
*	–	8" Green/Yellow Wire, F/R
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

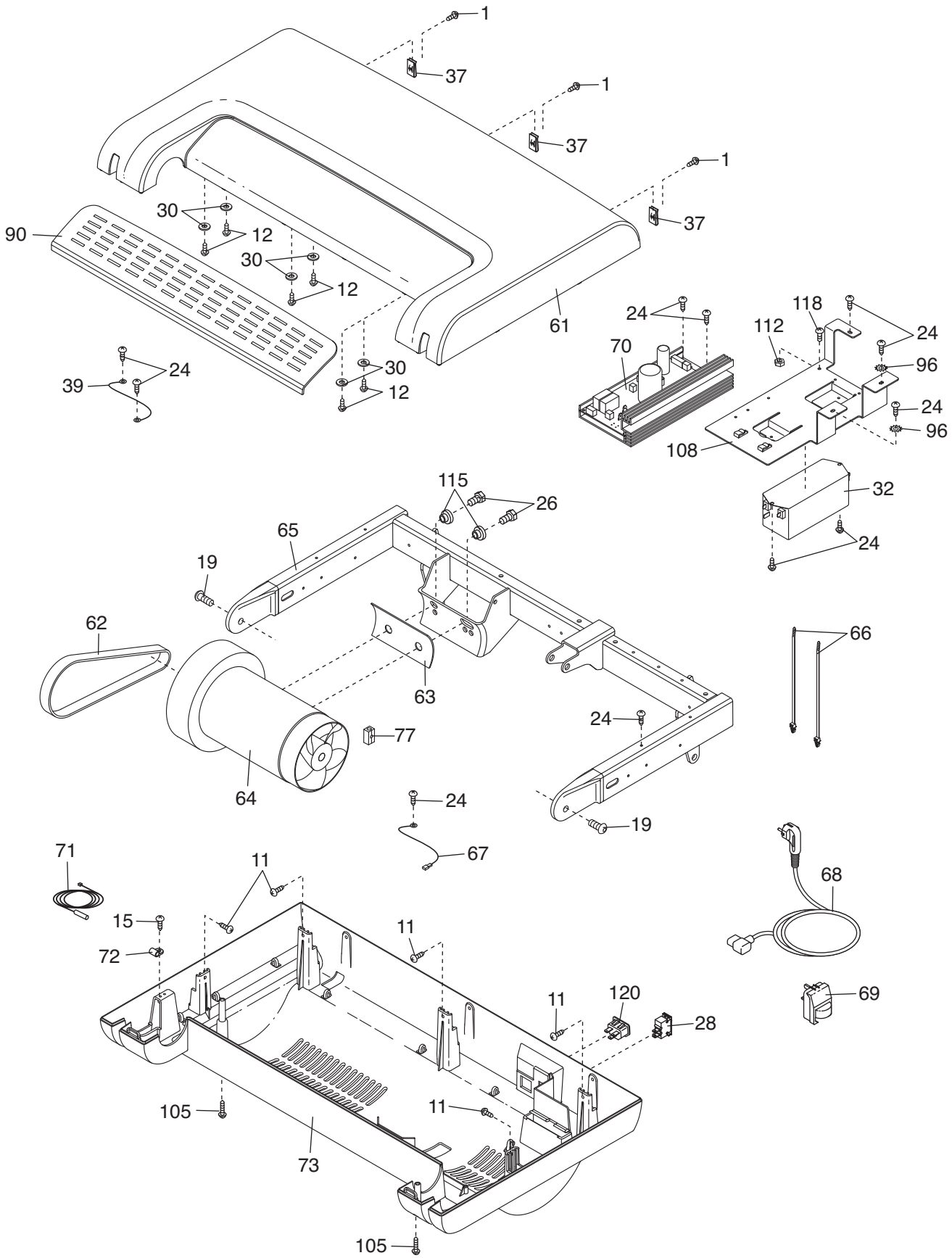
EXPLODED DRAWING A—Model No. NETL14909.1

R1109A



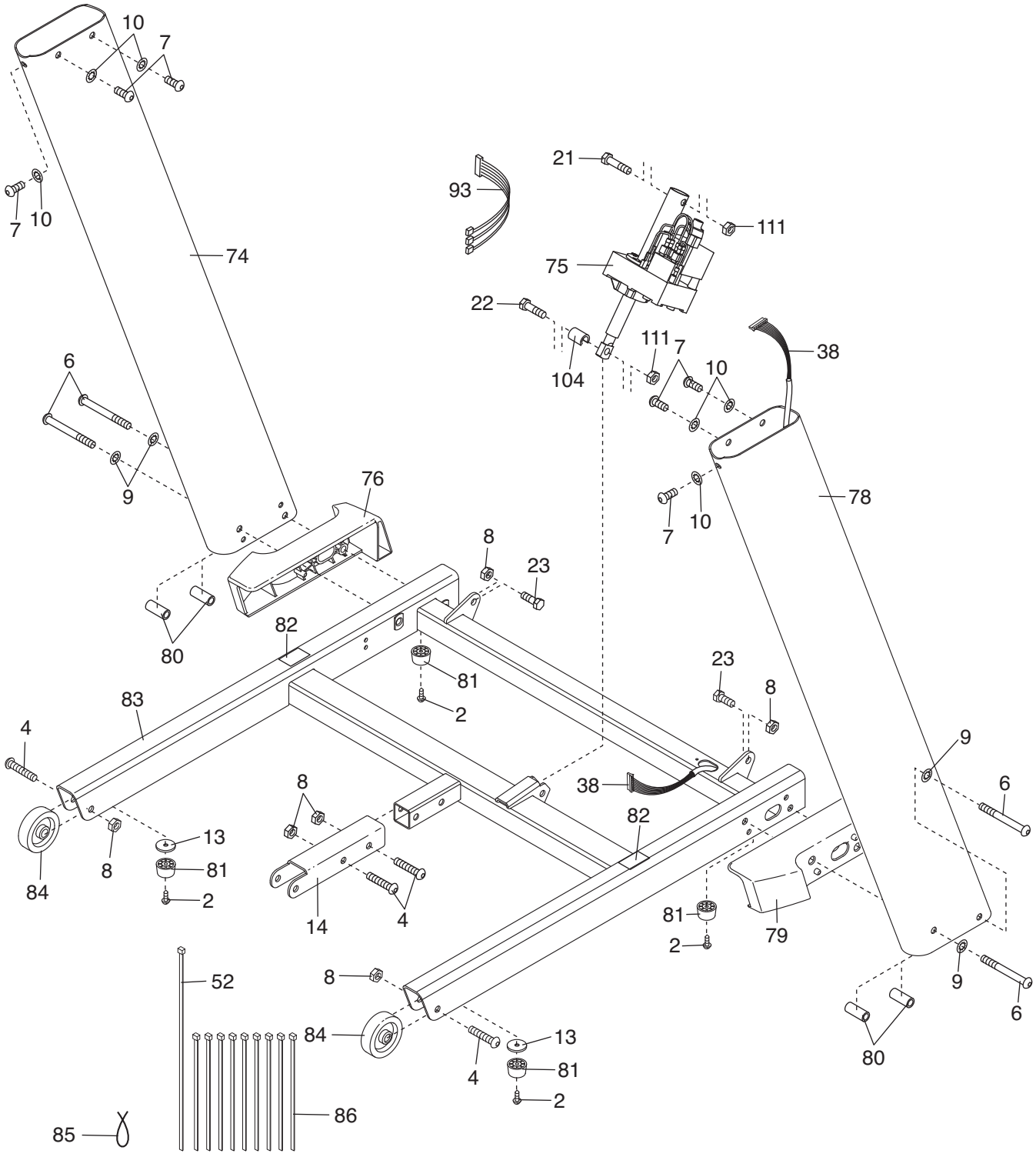
EXPLODED DRAWING B—Model No. NETL14909.1

R1109A



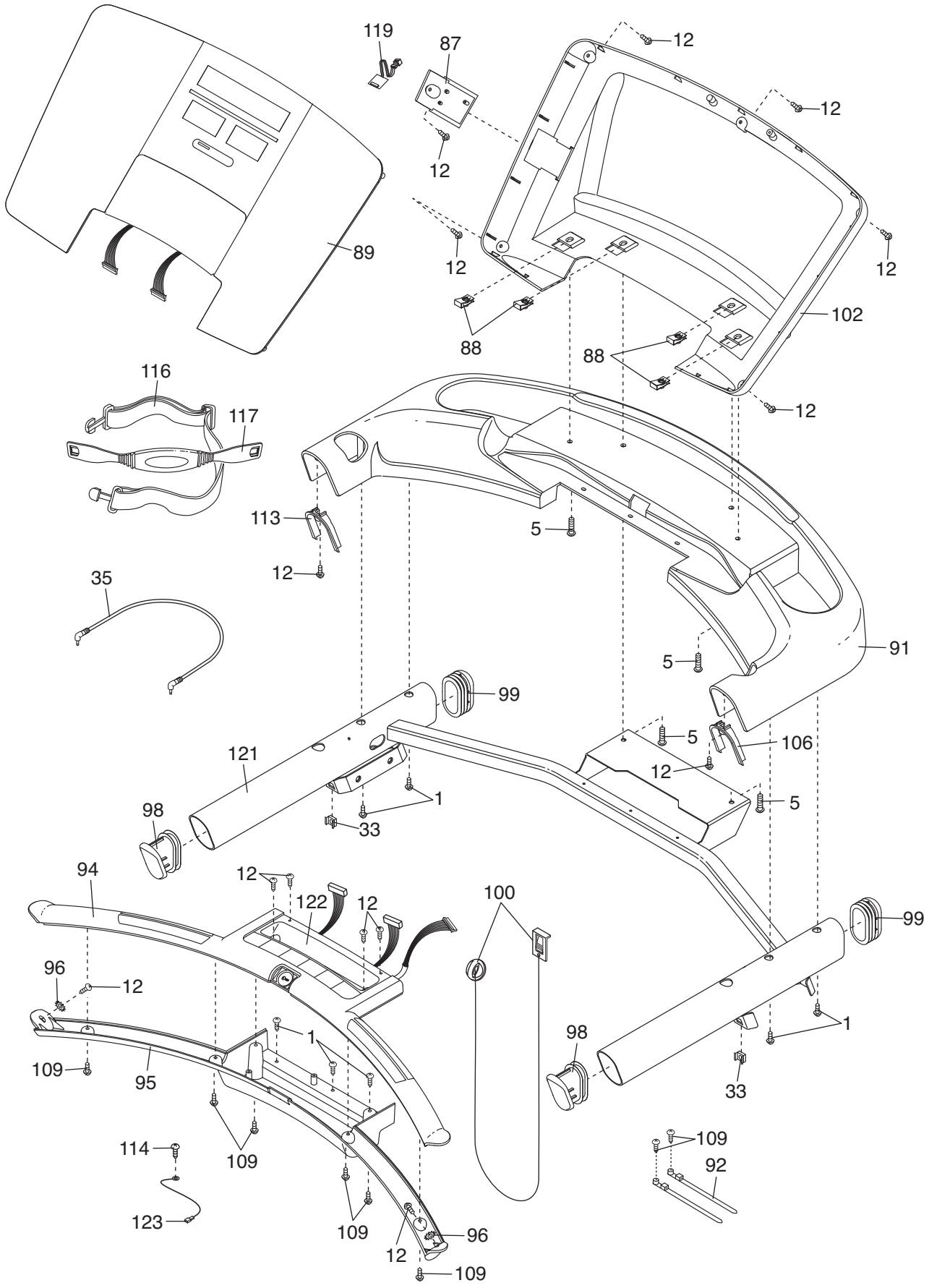
EXPLODED DRAWING C—Model No. NETL14909.1

R1109A



EXPLODED DRAWING D—Model No. NETL14909.1

R1109A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 293461 R1109A

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